

Sarah Mallard Wakefield, MD

How can parents help their kids mentally prepare for going back to school?

00:06

Well, you know, transitions can be a really exciting time, but they can also be an anxiety provoking time. And I think it's really important to know how your kiddo tends to respond to transitions. And if they get really excited, that can be great, you can talk to them about how exciting it is to go back to school and seeing their friends and things like that. But if you see that your kiddo is one who has some difficulty with transitions and tends to be more anxious, then I think that's a sign to do a little bit more preparation. And some things that you can do for preparation is talking about what the school day will look like, when you'll get up what you'll laying out clothes before the day, picking out those things, trying to make it exciting and fun, what they're going to eat for lunch that they get to, to make those choices. But also, you may have a kiddo who really needs you to do additional preparatory work, meaning maybe visiting the school or really looking at which door they're going to go into if there's a meet the teacher night or an opportunity to go into the school, even before or without all of those kids that meet the teacher, to see what the hallways look like or which classroom they'll be in, that can be really helpful for helping them think about the day and think about some transitional struggles they might have during that first day or that first week as well. And then as a parent, you can help them problem solve those ahead of time.

What mental health issues may arise during the new school year for students?

01:41

So various things arise with the new school year. There are anxieties related to those transitions. You know, this year in particular, there are a lot of anxieties related to uncertainty, you know, what is what are the rules going to be (i)-4(s)5(o)-11(n)11d21s aa (e)-11(s)5(g)118(a-11(i)-4(s i85(t)5(h)-11(i)17h)-11(g)11(12

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How might kids have regular mental health checks?

03:25

I think it's very important to regularly check in about your mental health. And parents can help children with this by first observing, observing if they see any changes in their child and their mood or behavior. (gap)

I think it's important also for parents to check in with their child's teacher, see how things are going during the school day and what they might be seeing in that dimension and that domain, then you can brainstorm together, what kind of supports could be implemented both at school and at home? There are lots of things that can be done just in the classroom to support a child and to say, you know, hey, I recognize that you're not feeling great, or can we check in and about this? I think you're doing a great job, or can you help me with this task. But I do think that it sometimes we need to involve school